a left crank and a right crank, wherein each said crank is rotatably mounted on said frame;

a left guide and a right guide, wherein each said guide is mounted on the frame for movement in [reciprocal] oscillatory fashion relative thereto; and

a left foot support and a right foot support, wherein each said foot support has a first portion linked to a respective crank and a second portion linked to a respective guide in such a manner that rotation of said cranks is linked to movement of a person's feet through adjacent, generally elliptical paths that have a horizontal component and a relatively greater vertical component.

- 11. A stepping machine, comprising:
 - a frame designed to rest upon a floor surface;
- a left crank and a right crank, wherein each said crank is rotatably mounted on said frame;
 - a left foot support and a right foot support; and
- a left linking means and a right linking means, each for linking rotation of a respective crank to movement of a respective foot support through a path having a horizontal component and a relatively greater vertical component, wherein at least a portion of each said linking means is constrained to move in [reciprocal] oscillatory fashion relative to the frame.
- 14. The stepping machine of claim 13, wherein each said linking means includes a rocker link having a first end pivotally connected to the frame at a common pivot axis on the frame, and an

- 10. A stepping machine, comprising:
 - a frame designed to rest upon a floor surface;
- a left crank and a right crank, wherein each said crank is rotatably mounted on said frame;
- a left guide and a right guide, wherein each said guide is mounted on the frame for movement in oscillatory fashion relative thereto; and
- a left foot support and a right foot support, wherein each said foot support has a first portion linked to a respective crank and a second portion linked to a respective guide in such a manner that rotation of said cranks is linked to movement of a person's feet through adjacent, generally elliptical paths that have a horizontal component and a relatively greater vertical component.
 - 11. A stepping machine, comprising:
 - a frame designed to rest upon a floor surface;
- a left crank and a right crank, wherein each said crank is rotatably mounted on said frame;
 - a left foot support and a right foot support; and
- a left linking means and a right linking means, each for linking rotation of a respective crank to movement of a respective foot support through a path having a horizontal component and a relatively greater vertical component, wherein at least a portion of each said linking means is constrained to move in oscillatory fashion relative to the frame.

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- 14. The stepping machine of claim 13, wherein each said linking means includes a rocker link having a first end pivotally connected to the frame at a common pivot axis on the frame, and an opposite, second end pivotally connected to the opposite end of a respective bar.
- 16. The stepping machine of claim 12, wherein each said linking means includes a rocker link having a first end pivotally connected to the frame at a common pivot axis on the frame, and an opposite, second end pivotally connected to a respective foot support.
- 17. The stepping machine of claim 12, wherein at least a portion of each said linking means moves through an arcuate path centered about a common axis on said frame.
- 20. The stepping machine of claim 19, wherein each said guide is a rocker link having a first end pivotally connected to the frame at a common pivot axis on the frame, and an opposite, second end pivotally connected to the opposite end of a respective bar.
- 22. The stepping machine of claim 10, wherein each said guide is a rocker link having a first end pivotally connected to the frame at a common pivot axis on the frame, and an opposite, second end pivotally connected to a respective foot support.
- 23. The stepping machine of claim 10, wherein each said guide is a rocker link having a first end that is sized and configured for grasping, an intermediate portion pivotally connected to the frame at a common pivot axis on the frame, and an opposite, second end pivotally connected to a respective foot support.

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24. The stepping machine of claim 11, wherein each said linking means includes a rocker link having a first end that is sized and configured for grasping, an intermediate portion pivotally connected to the frame at a common pivot axis on the frame, and an opposite, second end pivotally connected to a respective foot support.